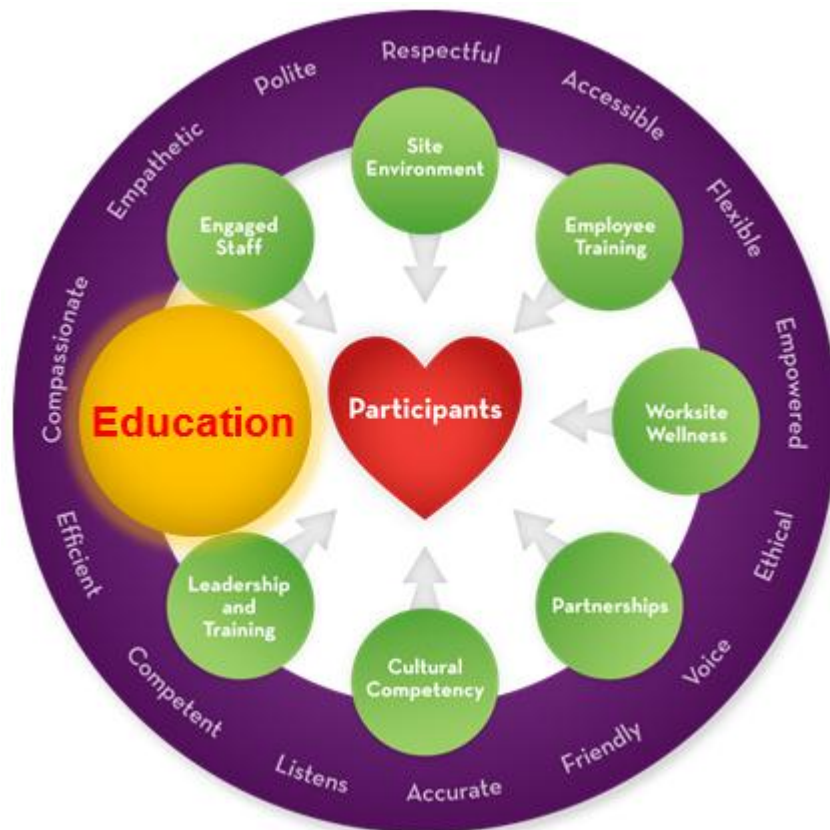


Empathy

Participant Centered Education

Trainee Workbook



Empathy

is a person's understanding of and sensitivity to other peoples' feelings, thoughts, and situations.



Activity 2: Quotes

People don't care how much you know until they know how much you care.
-- John Maxwell

When you listen with empathy to another person, you give that person psychological air. -- Steven Covey

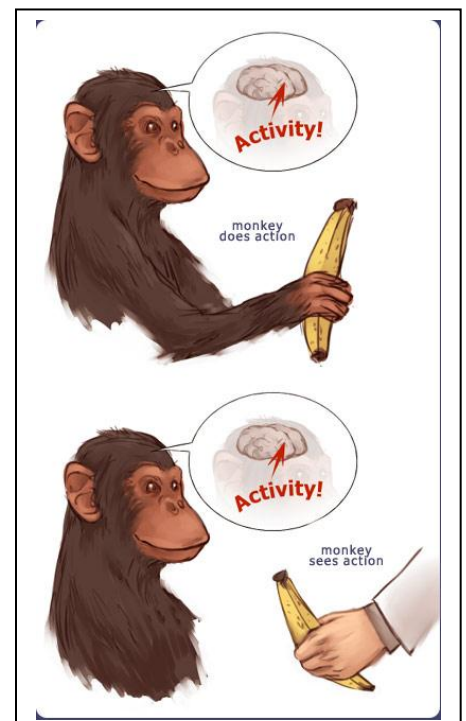
Could a greater miracle take place than for us to look through each other's eyes for an instant? -- Henry David Thoreau

The great gift of human beings is that we have the power of empathy; we can all sense a mysterious connection to each other. -- Meryl Streep

Activity 3: Mirror Neurons and Empathy

Recent scientific studies have found that empathy may be a part of our brain structure. It turns out that we may have something called "mirror neurons" - brain cells which are activated in 2 ways: First, they are activated when we do an action, such as grabbing a banana or slipping on a wet floor. They are also activated simply by watching *someone else* do these activities. So in some way, we actually "feel" what we imagine the other person feels when they grab a banana or slip on the floor. Other animals, such as monkeys, also have these mirror neurons.

Empathy is critical to be effective when working with other people. Research has found that the most successful counselors can correctly identify what a patient or participant feels, and then accurately let that patient/participant know that hear she is understood.



Activity 4:

What Are They Feeling?

For each slide, write the emotion you think the person is feeling:

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Activity 5:
What's Their Story?

Let Them Know You Understand

Activity 6:

Put Yourself in Their Shoes

1. What participant behaviors or actions do you feel most judgmental about?
2. Describe your judgment in detail, including your opinions about the behaviors/actions:
3. How might your judgment come across in the way you interact with certain participants?
4. What ideas do you have for managing and moving beyond judgments?